



## Transitions

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A **transition** is the time that occurs when changing from one activity or place to another. Because behavior issues may happen if children are kept waiting too long between activities, a transition activity should take place. Transition activities are used during a transition time to help children self-regulate and to encourage appropriate behaviors; dancing can be a transition activity. If children have to wait between activities, try some of the following games as transition activities:

- ABC Game-I went to the grocery store and saw a \_\_\_\_\_.
- I Spy
- Simon Says
- Sing songs
- Make up chants to go along with each child's name
- Fingerplays
- Teach simple words using sign language
- Play the "What If" game
- If you could be an animal, which would you be and why?
- Name different kinds of animals and the noises they make
- Counting games-how many girls versus how many boys?